


**AGE DIVISIONS:**

**Junior (ages 6 to 8):** 50-yards swim, 2-mile bike and 500-yard run  
**Intermediate (ages 9 to 11):** 150-yards swim, 4-mile bike and 1-mile run  
**Senior (ages 12 to 15):** 300-yards swim, 8-mile bike and 2-mile run

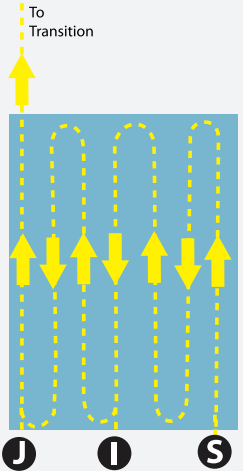
**Swim Course**  
**Run Course**  
 Junior - 500 Yards  
 INTERMEDIATE - 1 LAP  
 SENIOR - 2 LAPS

**Bike Course**  
 Junior - 1 LAP  
 Intermediate - 2 LAPS  
 Senior Bike Course - 4 LAPS

<b>A</b> Aid Station	 Parking
<b>E</b> Expo	<b>R/O</b> Run Out
<b>S/O</b> Swim Out	<b>B/O</b> Bike Out
<b>S/I</b> Swim In	<b>B/I</b> Bike In

**SWIM COURSE**

**S/I** = Senior/Intermediate Start  
**J** = Junior Start




TRANSITION

SWIM START

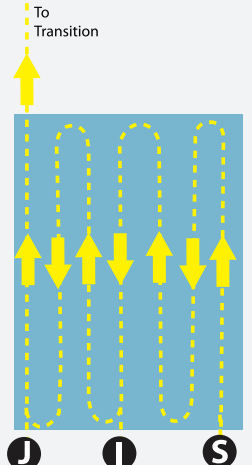
SENIOR/  
INTERMEDIATE  
START  
MULTIPLE  
LAPS

FINISH LINE

SENIOR/  
INTERMEDIATE  
START  
MULTIPLE  
LAPS

**SWIM COURSE**

**S/I** = Senior/Intermediate Start  
**J** = Junior Start



O'Leary Lake

Riverview Park

